



# ONE DRINK TOO MANY

***Alcohol-related Crashes Are The #1  
Cause Of Death Among Americans  
Between Ages 18 And 30.***





# **PART I**

**THE FACTS ABOUT  
DRINKING AND DRIVING:  
HOW IT AFFECTS YOU  
AND THOSE AROUND YOU**



# Law of the Land

**AS OF JULY 2004, ALL U.S. STATES  
HAVE .08 BAC LAWS**



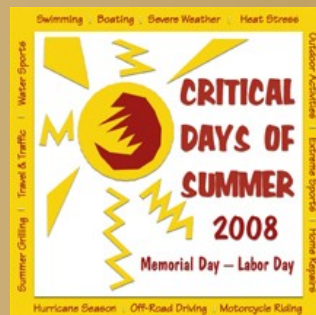
## Why .08 BAC?

In single vehicle crashes, the relative fatality risk for drivers with BACs between .05 and .10 is over 11 times greater than for drivers with a BAC of zero.

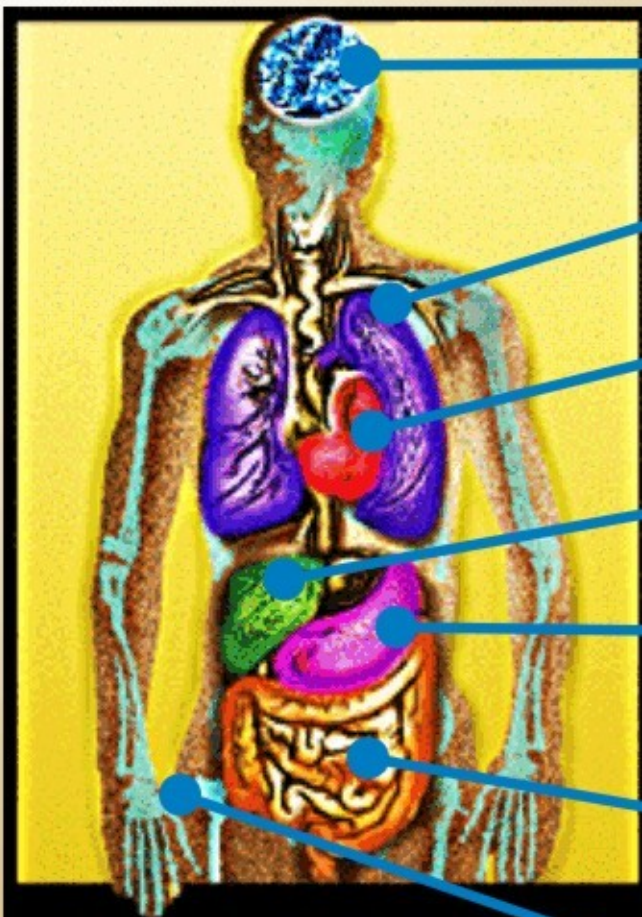
## BAC Limit Saves Lives!

As your Blood Alcohol Content level rises, so does your risk of being involved in a fatal crash.

Sources: National Highway Traffic Safety Administration  
and National Safety Council



# Alcohol Effects & You



## Alcohol Effects & You

Find out what alcohol  
can do to the body

**BRAIN.** Impaired brain function

**LUNGS.** Infection; breathing can stop

**HEART.** Irregular heart beat

**LIVER.** Alcoholic hepatitis and cirrhosis

**STOMACH.** Stomach irritation, peptic ulcers, bleeding lesions, and cancer

**INTESTINES & PANCREAS.** Intestinal tract & colon damage, inflammation, ulcers, and cancer; inflamed pancreas

**BONES & MUSCLES.** Weaker and thinner bones (osteoporosis); weaker and uncoordinated muscles



Source: VA ABC Department

# ***Myths & Facts***



**Myth: "I know when I'm too drunk to drive."**

**Fact:** Your driving skills can be seriously compromised even when your behavior is not observably "drunk."

**Myth: "I only had one drink."**

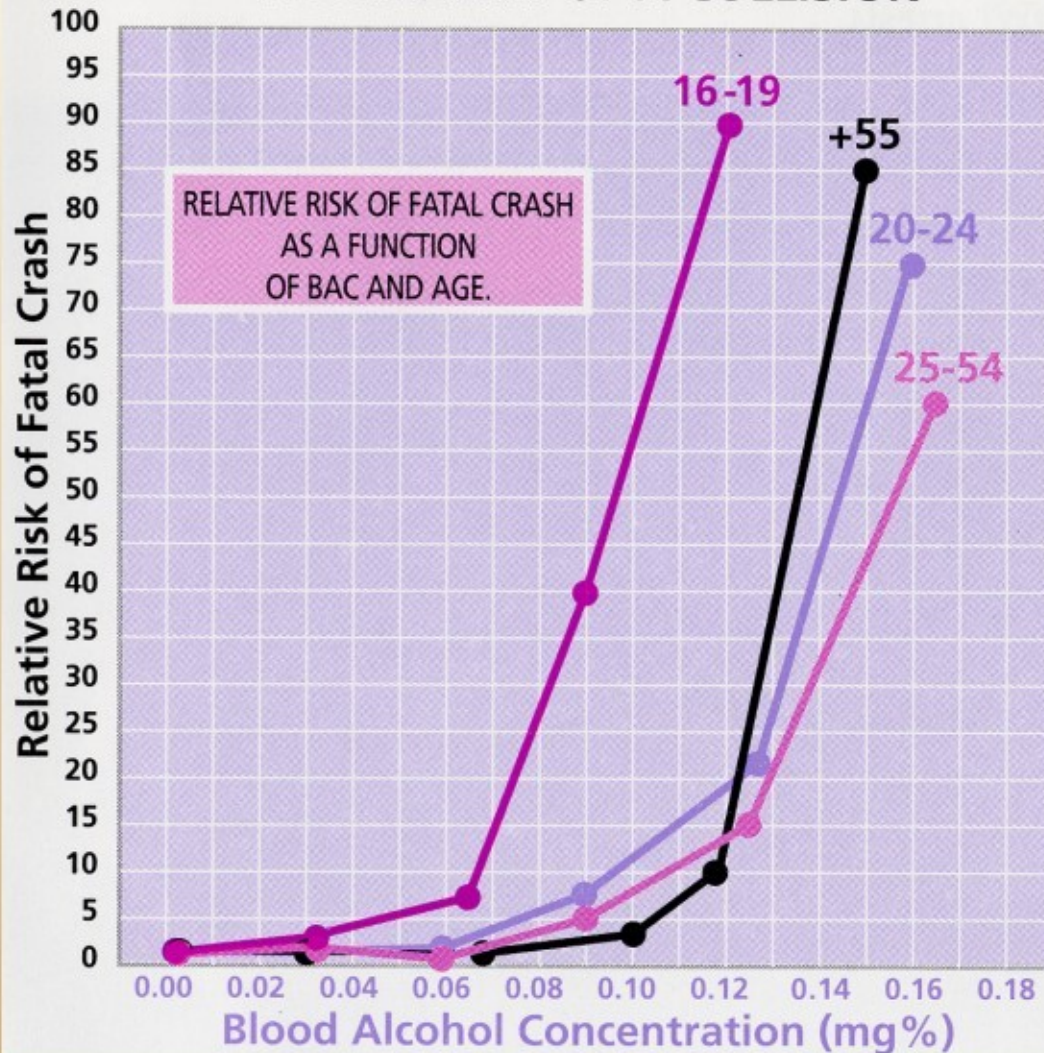
**Fact:** One drink can be one too many, since alcohol absorption starts immediately. Several factors such as strength of drink, rate of consumption, body size/weight, food, gender, and drug use can affect the outcome of even one drink.

**Myth: "Black coffee and fresh air will sober me up."**

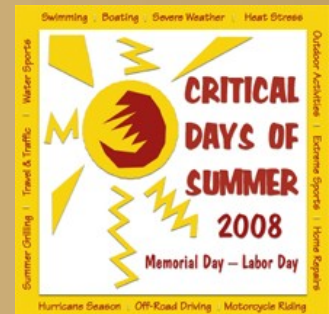
**Fact:** All the age-old remedies - black coffee, cold showers, fresh air, and exercise - are useless. Only time will sober you up.

# Probability of a Collision

PROBABILITY OF A COLLISION

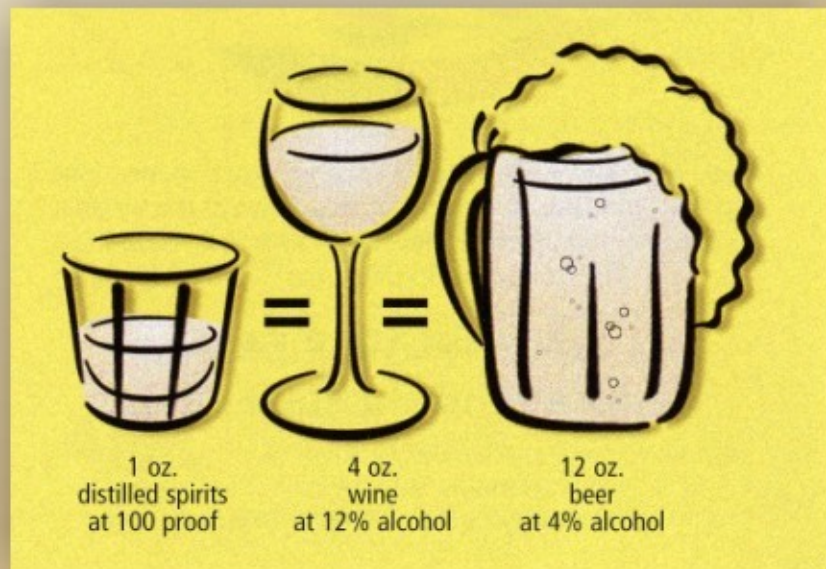


The greater the blood alcohol concentration, the greater the risk of being involved in a fatal crash.



Source: AAA Traffic Safety Department

# Do You Know How Much You Are Drinking?



One oz. of distilled spirits, one 4 oz. glass of wine, one 12 oz. beer all contain the **SAME** amount of alcohol.

A drink with 80-proof liquor would contain 40% **PURE** alcohol.

A woman who consumes 2 oz. of liquor will experience about the **SAME** effects as a man who consumes 4 oz.

# The \$7,000 Drink!



## IMMEDIATE COST:

Towing	\$100
Lawyer	\$3,500
Fine	\$400
Alcohol Education Course	\$100
Court Fees	\$400

## LONG-TERM COST:

Insurance Surcharge	\$1,500
License Re-instatement	\$1,000

**TOTAL MONETARY COST: \$7,000**

*Charges and fees vary by state.*

## OTHER COST:

Impact on career and personal embarrassment to family and friends.

*Source: Community Traffic Safety Team*



# Driving Under the Influence



## THE LAW

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Legal drinking age: **21 years**

Level of blood alcohol content for DUI: **.08**

*(BAC level varies by state)*

DUI conviction of military personnel: **If charged at a court martial, the penalties could result in a dishonorable discharge, forfeiture of all pay and allowances, and confinement in the brig for 18 months.**

## INEXPENSIVE ALTERNATIVES

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Call a taxi cab: **\$30-\$50**

Get a hotel room: **\$50-\$100**

Call a friend/co-worker/boss: **FREE**

Use command-provided SAFE Ride card: **FREE**

## MAKING THE SMART CHOICE

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**Knowing you did not risk your life or the life of an innocent victim of a DUI-related accident: PRICELESS!**

# A Deadly Combination



**Drinking while fatigued will compound the effects of alcohol and contribute to an individual's level of impairment.**

## **If You Survive A DUI-Related Crash & Live...**



CRUTCHFIELD TONGS ARE SCREWED DIRECTLY INTO THE SKULL TO PREVENT MOVEMENT.



A TRACTION BED PREVENTS SORES.



These devices are often used in the emergency department to repair the ravages of drinking and driving crashes.

AN ARTIFICIAL LIMB REPLACES AN AMPUTATED LEG.

*Source: Emergency Nurses Care, Inc.  
(Affiliate of Emergency Nurses Association)*

A black and white photograph of a shattered car window. A spider web is visible in the foreground, partially obscuring the view of the broken glass. The background shows the interior of the car, including the driver's side door and window frame.

## **PART II**

**TRUE STORIES:  
HOW DRINKING AND DRIVING  
SHATTERED THE LIVES OF  
YOUNG PEOPLE LIKE YOU**

# Alcohol, Van, & Speed Don't Mix



Service member was traveling north when his 2000 Chevrolet van ran into the median, struck a street sign and continued into the southbound lanes. The van continued up onto the curb and collided with a brick sign.



# Alcohol, Van, & Speed Don't Mix



The driver had to be cut out of the vehicle. Member had a torn aorta with an open wound to the knee and thigh. The member underwent surgery and remained in critical condition. A second surgery followed to amputate the left leg at the knee due to the onset of gangrene.

Member passed away seven days after the crash.

# **Alcohol, Van, & Speed Don't Mix**



Although the service member was wearing safety restraint, the impact of the crash and the injuries sustained contributed to a loss of life.

# Unsafe at High Speed



This mishap involved a Ford Mustang that may have been racing. This is the front end which was crunched down to two to three feet after wrapping around a power pole.

# Unsafe at High Speed



The speed was estimated to be traveling 90-95mph when it struck a power pole causing the vehicle to split in half and instantly killing the driver, a 32-year-old Navy Petty Officer.

# Unsafe at High Speed



Four service members were in this vehicle.  
The state toxicology determined the operator's BAC at the time of the mishap was more than twice the legal limit of .08.

# Unsafe at High Speed



The front-seat passenger, who sustained non-life threatening injuries, was ripped out of the seat and dragged with the rear-end of the wreckage. The rear half of the car, with two passengers seat belted in along with the front-seat passenger, traveled through a barbed wire fence and approximately 100 feet across a grass field before coming to rest.

# Our Sailors and Marines At Risk



## NATIONAL STATISTICS

- Two out of every five people will be involved in an alcohol-related crash in their lifetime.
- In 2003, alcohol was a contributing factor in 40% of all motor vehicle fatalities.
- Every day, 13 people between the ages of 16 and 24 die in an alcohol-related crash.
- Alcohol-related motor vehicle crashes cost America \$34.1 billion in 2002.

Source: National Safety Council

## NAVY-MARINE CORPS FACTS

- 251 Sailors and 212 Marines died in automobile crashes in FY00-FY03.
- In FY00-03, alcohol-related fatalities consisted of 35.9% Sailors and 25% Marines.
- In 2004, Congress amended the UCMJ to lower the BAC to .08.
- 66 Sailors and 45 Marines under 26 accounted for alcohol-related fatalities in FY00-03.

# How To Spot A Drunk Driver

**When a drunk driver is on the road,  
we are all at risk...**

**Warning signs to look for while you are driving:**

- Drifting, weaving, or hitting curbs
- Speeding or driving too slowly
- Giving inconsistent signals
- Breaking erratically
- Stopping for no apparent cause
- Driving with the window rolled down in cold weather
- Tailgating and passing dangerously close to other cars
- Making wide turns and hitting objects near the road



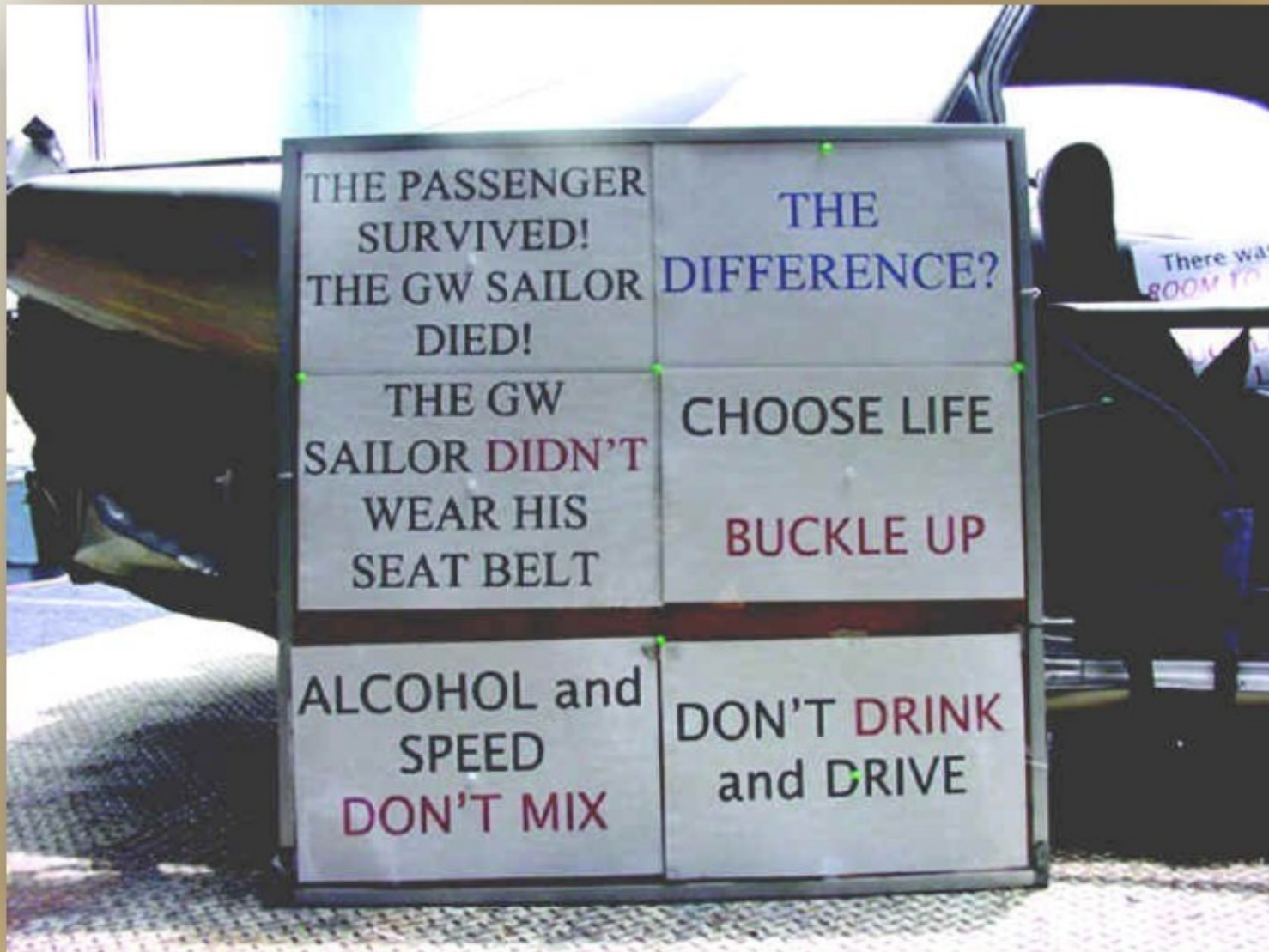
# **What You Can Do**

**Safe driving requires more than just learning the necessary skills. Young adults need to adopt - and leaders need to encourage - safe attitudes and responsible behaviors.**

- **Adopt a None for the Road campaign at your command.**
- **Designate a “duty” driver when going out with friends.**
- **Ask to spend the night if at a home party.**
- **Do not give in to peer pressure. Use best judgment.**
- **Call for a ride or set up a Taxi Ride program.**
- **Serve non-alcoholic drinks at your party.**
- **Call #77 to report a drunk driver on the highways.**

**None for the Road is Best!**

# Commands Can Raise Awareness



**Adopt an anti-drunk-driving campaign at your command.**

# Make It A Great Party!

## A Host's Guide to Good Times and Good Friends



When serving alcoholic beverages, serve food.



Serve "measured" drinks.



Offer non-alcoholic beverages.



Stop serving alcohol at least one hour before the party ends.



Serve each guest one drink at a time.



Help your guests get home safely.